

The COG

Weekly Event Notice for 21st September 2026

Rotary Club of Heidelberg

A Banyule community group of volunteers

Our focus is those less fortunate in our community as well as aid relief for devastations such as bushfires and floods. We are a part of a worldwide network of more than 1.2 million people who tackle persistent problems in communities, while building friendships and meaningful connections.

We get together a couple of times each month to develop projects over a coffee or light lunch.



PEACEBUILDING AND
CONFLICT PREVENTION



DISEASE PREVENTION
AND TREATMENT



WATER, SANITATION,
AND HYGIENE



MATERNAL AND
CHILD HEALTH



BASIC EDUCATION
AND LITERACY



COMMUNITY ECONOMIC
DEVELOPMENT



ENVIRONMENT

Rotary Club of Heidelberg, Australia www.rotaryheidelberg.org
P.O. Box 129 Rosanna VIC 3084 – Club No. 18278 ABN 91 870 845 490

LAST WEEK: Coffee Catchup - Sycamore Tree with special guests Kent & Brad

THIS WEEK: Luncheon at RSL with Jordy Bradley from BANSIC

ZOOM-ZOOM – Rotary Heidelberg Invites Members and Friends to join our luncheon meetings via Zoom. Luncheon meetings are held twice a month commencing at 1.00PM. Zoom connection details are listed below the Program Box towards the end of this publication.

**NEPAL
DISASTER
Donation
See How Below**

**Who wants to be a
volunteer?...
They Do**

Interact 

**RIMERN
Monday 28th
September
Registration Form
Below**



PRESIDENTS POST AND PROJECTS



16th of September Banyule Volunteer Expo

This event was held on Wednesday at the Ivanhoe Library and Cultural Hub. The Rotary Club of Heidelberg was represented by our own 3 Musketeers - Peter, Tony & Noel in our stand next to Brother Harry Prout of the Exodus Community. We are always proud to represent our club and all that do for the Banyule communities.



Kieser Open House

Thank you to all who attended the Kieser Open House on Saturday the 12th of September. Kieser opened to the public to share their state-of-the-art facilities. Their physios hosted lectures about back pain, strength training and osteoporosis and bone health.

The facility has exercise machines that are used to target very specific muscle groups which are not available at most conventual gyms. Exercise programs are tailor made to each member and any ailments that are specific to them.

If you missed the open house, there will be another opportunity for members of the Rotary Club of Heidelberg to learn about the importance of strength training. Bradley Murphy, physiotherapist at Kieser, will be giving a lecture at the RSL on Monday the 19th of October.



Monday 21st of September at the RSL on Bell – BANSIC

BANSIC is a not-for-profit organization for residents of southern area of the City of Banyule that has been in operation for over 50 years.

They have some great projects to help those in need with resources to help them live their lives with dignity.

BANSIC runs the FOODHUB for people and their pets. They also run the BANSIC OPP Shop NEW TO YOU in Macleod. They have provided \$9,000 in material aid, almost \$600,000 in food support, and over \$11,000 in medical support to people in need for the 2025-2026 calendar year.

We are very excited to be hosting **Jordy Bradley** from BANSIC. Jordy is Strategic not-for-profit leader at the Banyule Support and Information Center. Originally from Wellington, NZ; Jordy has lived and worked in India and Cambodia and helped organize community projects in Tanzania. She has also been a community engagement advisor for the Parliament of Victoria prior to her role as the General Manager at BANSIC.



BANSIC, Banyule Support and Information Centre, “provides responsive, practical support to people facing food and financial insecurity, homelessness, social isolation and marginalisation.” BANSIC runs the FOODHUB for people and their pets. They also run the BANSIC OPP Shop NEW TO YOU in Macleod. They have provided \$9,000 in material aid, almost \$600,000 in food support, and over \$11,000 in medical support to people in need for the 2025-2026 calendar year.

Conceptual Thinking:

I lost my girlfriend's audiobook, and now
I'll never hear the end of it.

RIMERN UPDATE

Nancy has provided an Online Sign up for RIMERN this week. Please sign up to let us know if you will attend.
<https://docs.google.com/spreadsheets/d/1vrHMzjEsvjIoZbkyIvRH9rJG-5kjlzLu/edit?usp=sharing&ouid=108509313219522686917&rtpof=true&sd=true>

WE are booked for the fourth Monday of each month, commencing 28th September.

Date: 28/9/2026

Location: RIMERN 32 Lincoln Street, East Brunswick (corner of Moreland Road)

Hours: 10am – 1pm

Dress: Please dress warmly and wear closed toe shoes (they will provide close toe shoes)

Coffee, water and tea will be provided

Plan to clean, organize and put together flat pack furniture!

Paperwork: Please bring your volunteer sheet (Signed) with you if you have not given a copy to Allison. Brother Harry has already taken 2 groups of people to the RIMERN warehouse and helped them pick out furniture.

Training: Please let me know if you are interested in becoming a case manager. The training is every 2 weeks and by ZOOM.

Rotary Club of Ivanhoe - Blue Illusion

Next Wednesday the 23rd of September

Support the Rotary Club of Ivanhoe

6:30-9 pm

Please RSVP with Lisa by 20th of September

Ph: 0477 990 719

Rotary Club of Ivanhoe - Bunnings Fairfield BBQ

Saturday October 24th - Cambodia Project Fundraiser

ONJW October 4th

Please sign up online at <https://www.walkforwellness.com.au>

Location: Alexandra Gardens, Melbourne

Date and Time: Sunday Oct. 4th, 9am (first race - 2km), 10:20am (last race of the day - 5km)

Cost: \$70-80

WALK for WELLNESS October 11th

Please sign up online at <https://www.liftthelidwalk.com.au/moreland>

Location: The Stage, Coburg Lake Reserve

Date and Time: Sunday Oct. 11th, 10am (4km or 8km)

Cost: \$30

Polio Plus 2026: It's time to Eradicate Polio - October 17th in Heidelberg

The Rotary Club of Heidelberg will have our Polio Fund Drive on Saturday the 17th of October.

Please come and support our Polio Fund Drive - Bagpipe busking with Richard Luke. Saturday from 10am, we will be collecting funds to help eradicate Polio whilst supporting Richard as he serenades the people in Burgundy Street.

We need volunteers to carry the Polio Baton, collect money (cash and by eftpos machine), move equipment and bring positive energy to remind people about the possibility of ending this terrible disease.

1956 Olympic Commemorate Project – Sunday October 29th with John Bell

To be announced

Malahang Festival Sunday November 29th - Malahang Reserve Heidelberg West

John Bell and the 1956 Olympic Commemoration Committee will have a stall documenting the event and the oral histories of the time. Please come and show some support.

NEPAL DISASTER RELIEF FUND

The Rotary Club of Heidelberg has donated \$2,000 to the relief efforts in Nepal through the Rotary Australia World Community Service (RAWCS).

Members can make individual donations using the QR code below:



Nepal Flooding Disaster Relief Fund (RARF)

Summary: To fund projects to assist the people of Nepal to recover from the widespread damage caused by the recent flooding event.

Challenge: The flooding has left affected families without homes, possessions, and livelihoods, and has raised concerns about the spread of waterborne diseases due to damaged water and sanitation infrastructure.

Solution: Funds will assist projects and Rotary Clubs with projects in Nepal responding to assist families and the communities to recover.

Sponsored by: RAWCS National

Other details

Project number: 17 of 2026-27

Manager: PP John Roberson
(M) [0407 940 014](tel:0407940014)
Email: johnroberson@bigpond.com

Deputy manager: DG Tim Mee
(H) [0418 814 856](tel:0418814856)
(M) [0418 814 856](tel:0418814856)
Email: dg26-27@rotary9510.org

Rotary Club of Heidelberg is inviting you to a scheduled Zoom meeting
To Join Zoom Meeting:
<https://us06web.zoom.us/j/85091004607?pwd=d0BdHhRfv8hc5PF1c33qMQnwFHQDoi.1>
Meeting chat link:
<https://us06web.zoom.us/jc/85091004607>
Meeting ID: 850 9100 4607
Passcode: 659151

WHAT'S ON - - - Rotary Club of Heidelberg Related Projects & Events

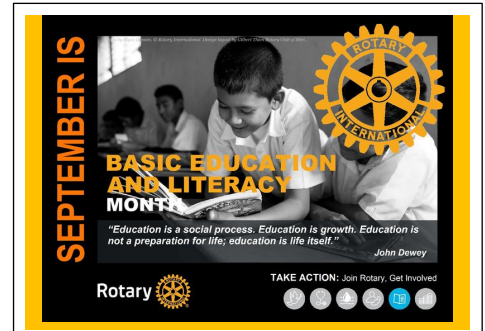
SEPTEMBER

- 21 **RSL** 12.30 for 1.00pm – Jordy Bradley - BANSIC
- 28 **RIMERN** Project, 10am till 3pm – 32 Lincoln Street, East Brunswick
- 28 **Also Coffee Catchup** 10.30am – Sycamore Tree

OCTOBER

- 4 **SUNDAY** – ONJ Walk for Wellness – around The Tan
- 5 **RSL** 12.30 for 1.00pm – Councilwoman Mary O'Keane
- 11 **SUNDAY** Lift the Lid Walk – Nation-wide Rotary Health Walk
- 12 **Coffee Catchup** 10.30am - Sycamore Tree
- 14 **Board** 6.30pm Bowlen Dunstan
- 19 **RSL** 12.30 for 1.00pm – Physiotherapist Bradley Murphy
- 24 **SATURDAY** – Bunnings Fairfield BBQ with RC Ivanhoe - Cambodia Project fundraising
- 24 **PLUS** End Polio Relay/World Polio Day
- 26 **RIMERN** Project, 10am till 3pm – 32 Lincoln Street, East Brunswick
- 26 **Also Coffee Catchup** 10.30am - Sycamore Tree

- * RSL = RSL on Bell – 180 Bell Street, Heidelberg Heights
- * OE = The Old England Hotel - 459 Lower Heidelberg Road, Heidelberg
- * Sycamore Tree Coffee Shop = 185 Burgundy Street, Heidelberg
- * Bowlen Dunstan and Associates – 38 Beetham Parade, Rosanna
- * Rotary Club of Ivanhoe - Uniting Church Hall, Seddon Street, Ivanhoe
- * Rotary Club of Preston – Darebin RSL – 402 Bell Street, Preston



APOLOGY

Please confirm your attendance
or apology to Ken before

9.30AM Monday

0437 770 831

ken.w.norm@gmail.com

And so





Brought to you by the Rotary Club of Heidelberg, Victoria, Australia